

NOTE:
Please read all instructions
carefully before using this
product

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Model
IGS-8862

Retain This
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Reference

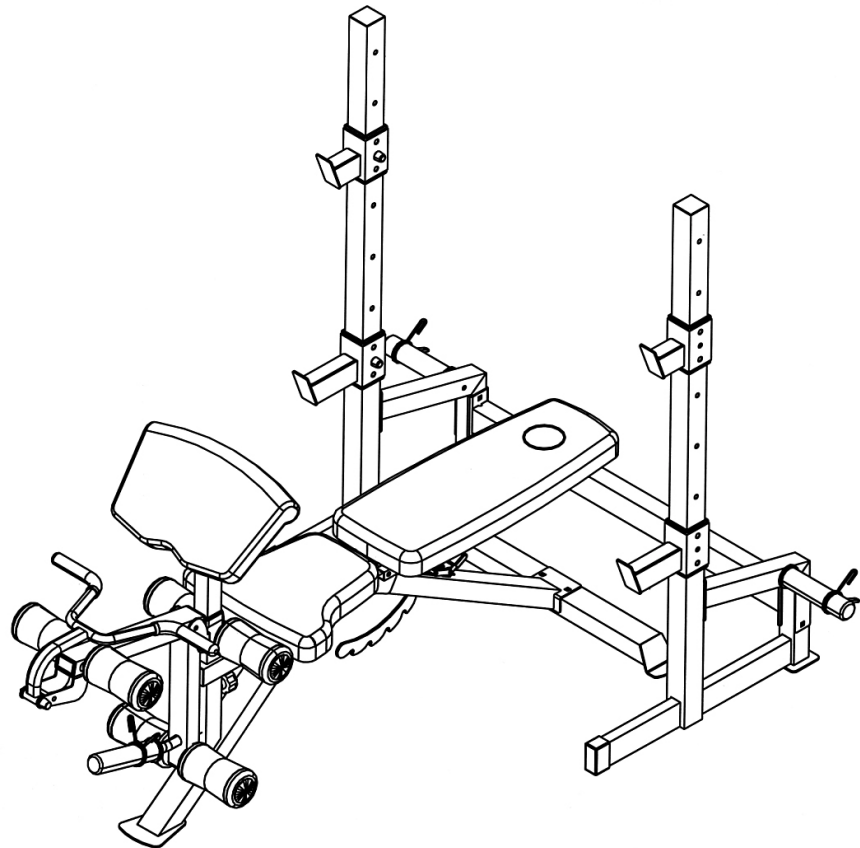
07-28-08

OWNER'S
MANUAL

IMPEX

IRON GRIP STRENGTH OLYMPIC BENCH

IGS-8862



IMPEX[®] INC.

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BEFORE YOU BEGIN

Thank you for selecting the IRON GRIP STRENGTH IGS-8862 Olympic Bench by IMPEX INC. For your safety and benefit, read this manual carefully before using the machine. As a manufacturer, we are committed to provide you complete customer satisfaction. If you have any questions, or find there are missing or damaged parts, we guarantee you complete satisfaction through direct assistance from our factory. To avoid unnecessary delays, *please call our TOLL-FREE customer service number*. Our Customer Service Agents will provide immediate assistance to you.

Toll-Free Customer Service Number

1-800-999-8899

Mon. – Fri. 9 a.m. – 5 p.m. PST

www.impex-fitness.com

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IMPORTANT SAFETY NOTICE

PRECAUTIONS

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.**
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
4. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
8. Do not place any sharp object around the machine.
9. Disabled person should not use the machine without a qualified person or physician in attendance.
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Never operate the machine if the machine is not functioning properly.
12. A spotter is recommended during exercise.
13. Maximum user's weight: 300 lbs.
14. Maximum weight on uprights: 600 lbs.
15. Maximum weight on leg developer: 100 lbs.

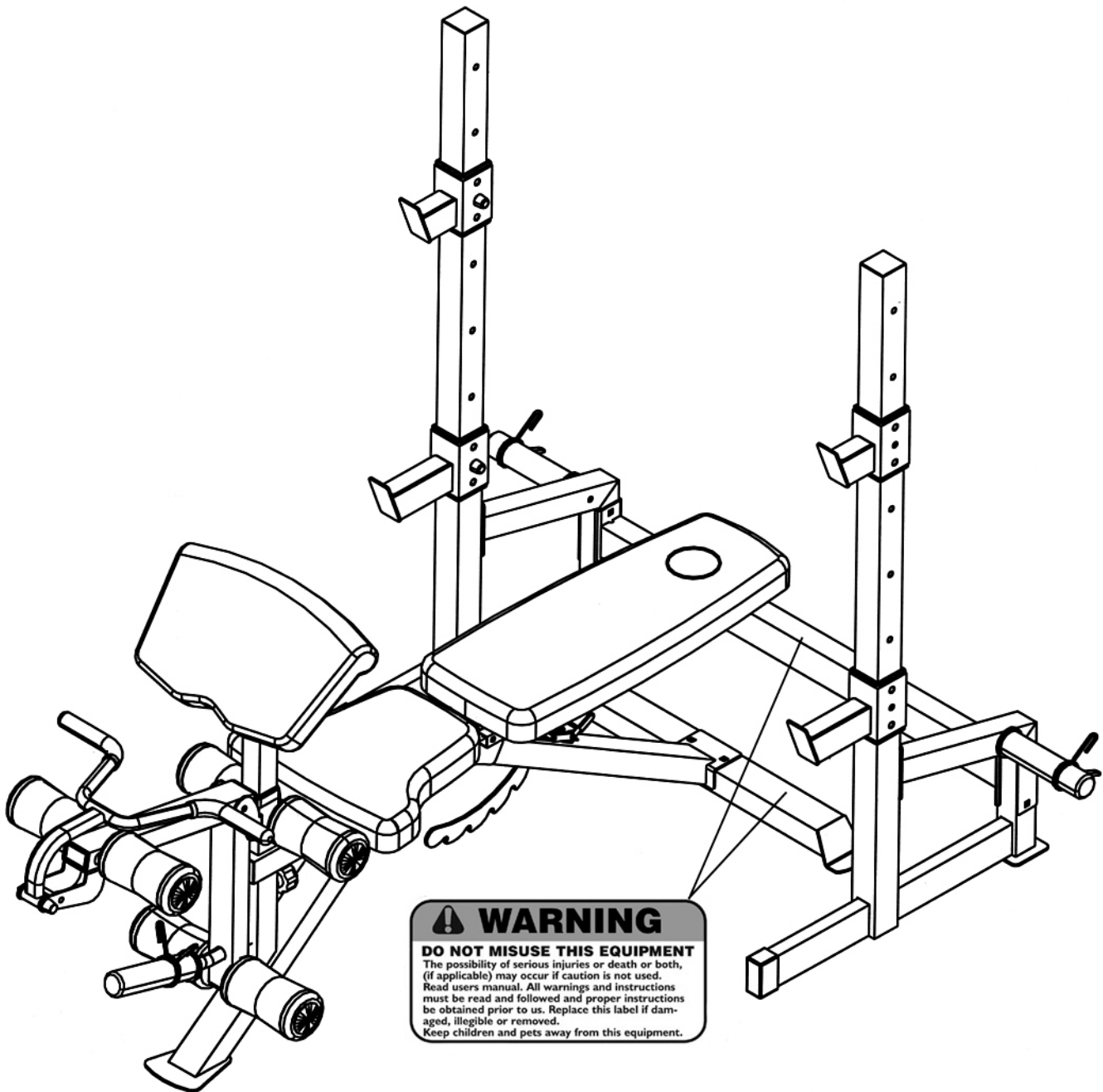
CARE AND MAINTENANCE

1. Inspect and tighten all parts before using the machine.
2. The machine can be cleaned using a damp cloth and mild non-abrasive detergent. DO NOT use solvents.

WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. IMPEX INC. ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS.

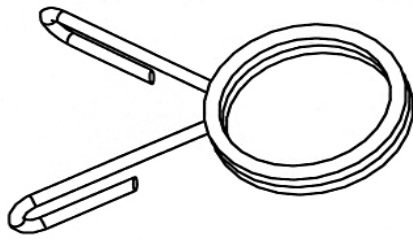
WARNING LABEL REPLACEMENT



The Warning Labels shown here have been placed on the Cross Brace and the Rear Stabilizer. If the labels are missing or illegible, please call customer service at 1-800-999-8899 for replacement. Apply the labels in location shown

HARDWARE PACK

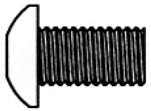
NOTE: The following parts are not drawn to scale. Please use your own ruler to measure the size.



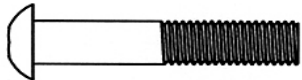
#29 Spring Clip (Qty 3)



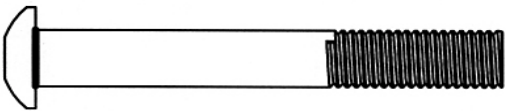
#53 M8 x $\frac{5}{8}$ " Allen Bolt (Qty 2)



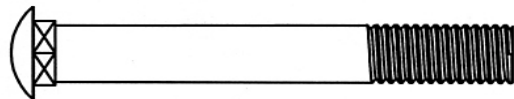
#51 M10 x $\frac{3}{4}$ " Allen Bolt (Qty 8)



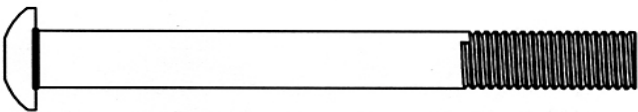
#52 M8 x 1 $\frac{5}{8}$ " Allen Bolt (Qty 12)



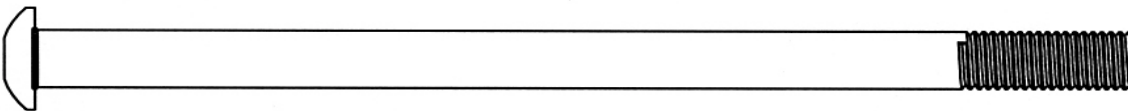
#49 M10 x 2 $\frac{3}{4}$ " Allen Bolt (Qty 1)



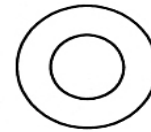
#46 M10 x 2 $\frac{3}{4}$ " Carriage Bolt (Qty 8)



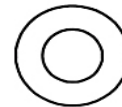
#48 M10 x 3 $\frac{1}{2}$ " Allen Bolt (Qty 1)



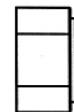
#47 M10 x 6 $\frac{1}{2}$ " Allen Bolt (Qty 1)



#54 $\varnothing \frac{3}{4}$ " Washer (Qty 23)



#55 $\varnothing \frac{5}{8}$ " Washer (Qty 18)

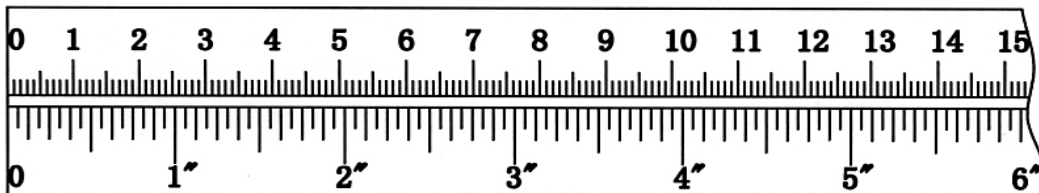


#56 M10 Aircraft Nut (Qty 11)



#57 M8 Aircraft Nut (Qty 4)

mm



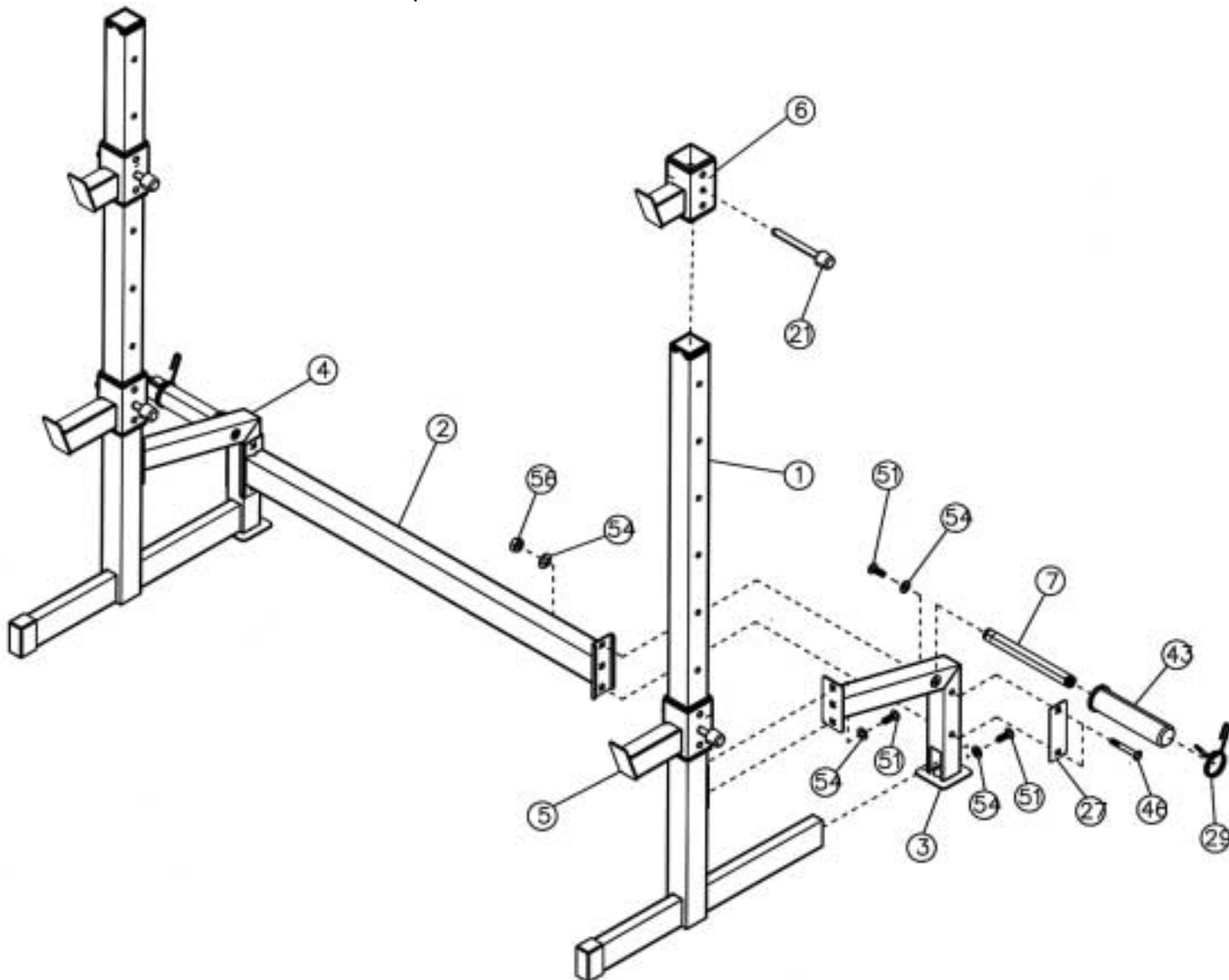
ASSEMBLY INSTRUCTION

Tools Required for Assembling the Machine: Two Adjustable Wrenches and Allen Wrenches.

NOTE: It is strongly recommended that two or more people assemble this machine to avoid possible injury.

STEP 1 (See Diagram 1)

- A.) **Do not tighten the Nuts and Bolts until instructed to do so.**
- B.) Attach the Left Diagonal Support (#3) to an Upright Beam (#1). Secure the top & bottom to the Upright with four M10 x $\frac{3}{4}$ " Allen Bolts (#51) and four $\text{\O} \frac{3}{4}$ " Washers (#54). Repeat the same procedure to install the Right Diagonal Support (#4) to another Upright Beam.
- C.) Connect the Left & Right Diagonal Support (#3) & (#4) with a Cross Brace (#2) in the mid-span. Secure each end with two M10 x 2 $\frac{3}{4}$ " Carriage Bolts (#46), one 5 $\frac{1}{2}$ " x 2" Bracket (#27), two $\text{\O} \frac{3}{4}$ " Washers (#54), and two M10 Aircraft Nuts (#56).
- D.) **Securely tighten all Nuts and Bolts installed.**
- E.) Insert two Weight Posts (#7) into the Left & Right Diagonal Support. Secure each Weight Post with one M10 x $\frac{3}{4}$ " Allen Bolt (#51) and one $\text{\O} \frac{3}{4}$ " Washer (#54). Slide an Olympic Sleeve (#43) onto each Weight Post. Attach a Spring Clip (#29) onto each Sleeve.
- F.) Attach the two Safety Catches (#5) onto the Upright Beams, and then attach the two Bar Catches (#6) onto the Upright Beams. Use a 3 $\frac{5}{8}$ " Long Pin (#21) to lock each Safety Catch and Bar Catch at selected position.



STEP 2 (See Diagram 2)

A.) **Do not tighten Nuts and Bolts until instructed to do so.**

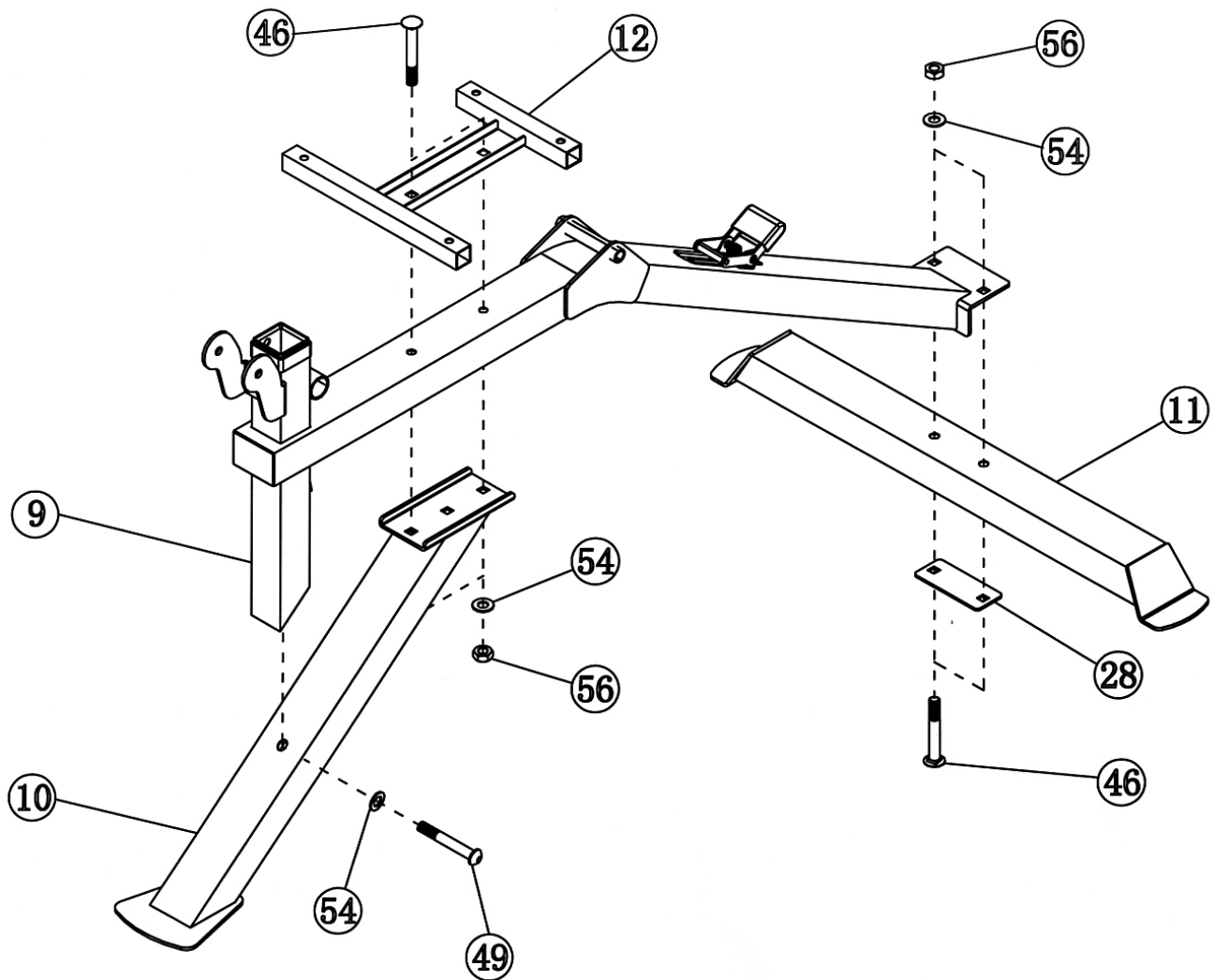
B.) Attach the rear of the Main Seat Support (#9) to the Rear Stabilizer (#11). Secure it with two M10 x 2 3/4" Carriage Bolts (#46) from bottom, one 4 3/8" x 1 3/4" Bracket (#28), two Ø 3/4" Washers (#54), and two M10 Aircraft Nuts (#56).

C.) Place the Main Seat Support onto the Front Post (#10). Attach the Seat Bracket (#12) onto the Main Seat Support. Secure them together with M10 x 2 3/4" Carriage Bolts (#46), two Ø 3/4" Washers (#54), and two M10 Aircraft Nuts (#56).

D.) Secure the leg developer holder on Main Seat Support to the Front Post with one M10 x 2 3/4" Allen Bolt (#49) and one Ø 3/4" Washer (#54).

E.) **Securely tighten all Nuts and Bolts installed.**

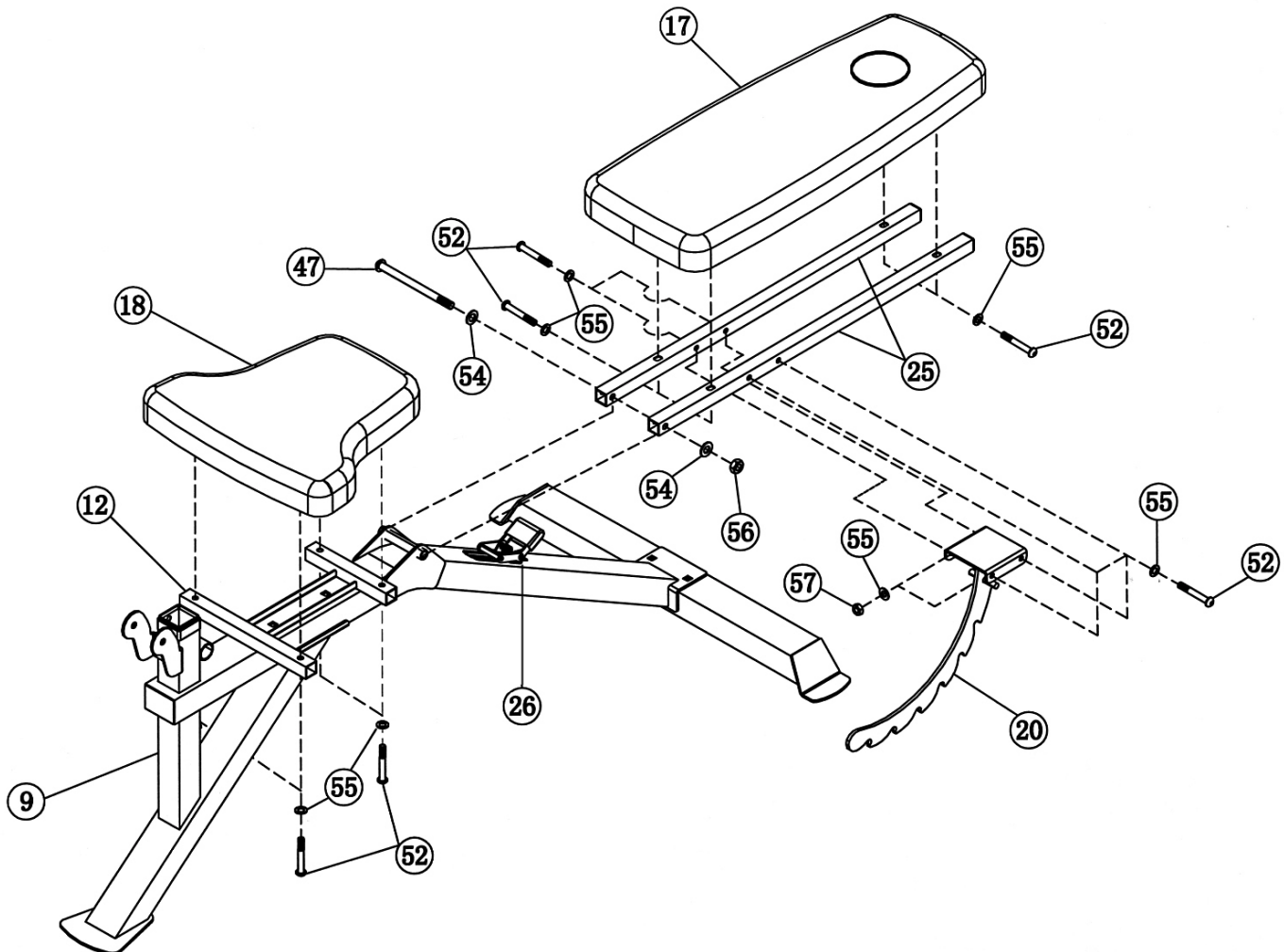
DIAGRAM 2



STEP 3 (See Diagram 3)

- A.) **Do not tighten Nuts and Bolts until instructed to do so.**
- B.) Align the bracket on the Backrest Adjustment Support (#20) in between the two Backrest Supports (#25). Secure it with four M8 x 1 5/8" Allen Bolts (#52), eight Ø 5/8" Washers (#55), and four M8 Aircraft Nuts (#57).
- C.) Insert the Backrest Adjustment Support into the opening on the Main Seat Support (#9). Press or step down on the Backrest Adjustment Lever (#26) to allow the Support to go through.
- D.) Attach the bottom side-holes on the two Backrest Supports to the pivot on the Main Seat Support. Secure it with one M10 x 6 1/2" Allen Bolt (#47), two Ø 3/4" Washers (#54), and one M10 Aircraft Nut (#56).
- E.) Attach the Backrest Board (#17) to the Backrest Supports. Secure it with four M8 x 1 5/8" Allen Bolts (#52) and four Ø 5/8" Washers (#55).
- F.) Place the Seat Pad (#18) onto the Seat Bracket (#12). Secure it with four M8 x 1 5/8" Allen Bolts (#52) and four Ø 5/8" Washers (#55).
- G.) **Securely tighten all Nuts and Bolts installed.**

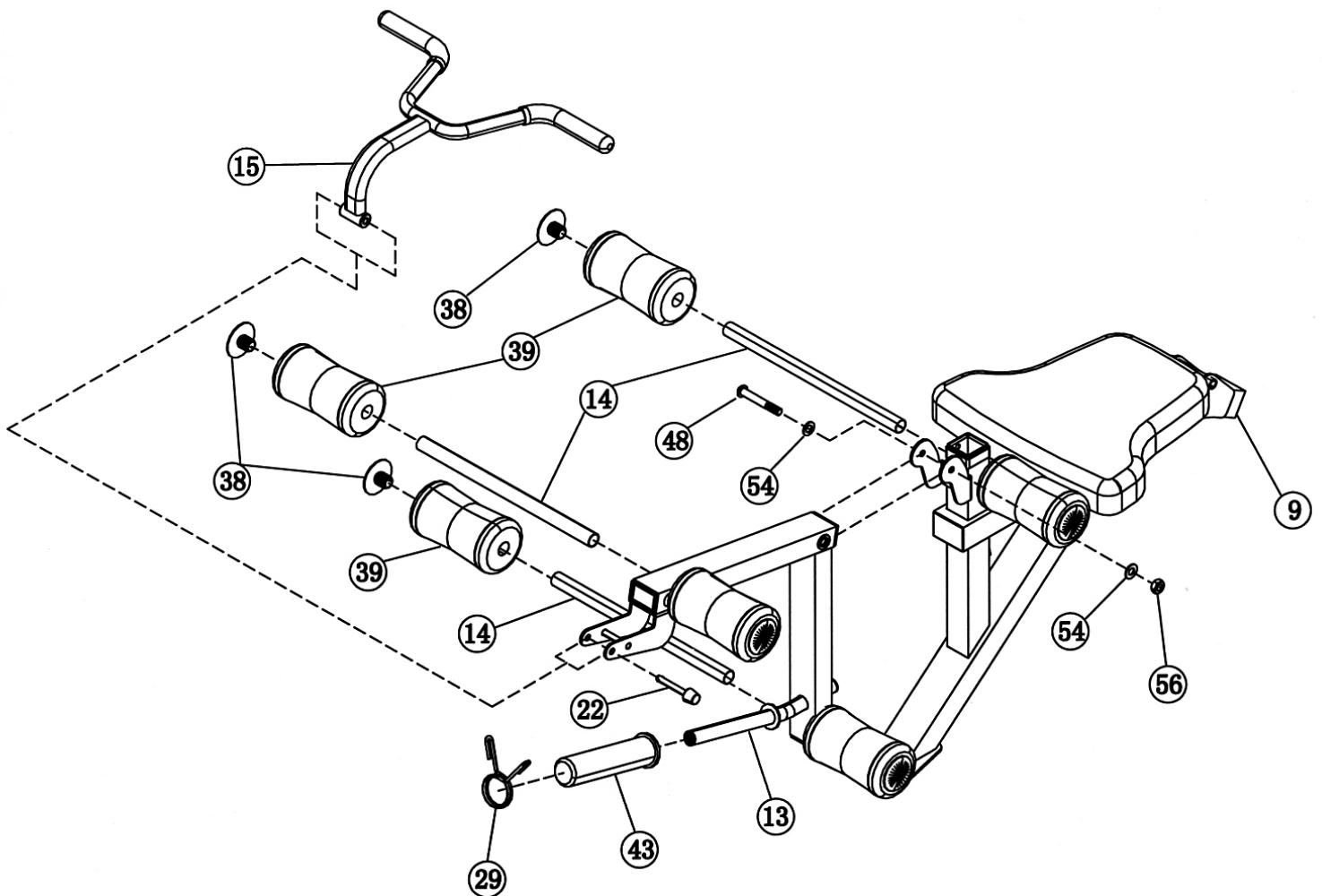
DIAGRAM 3



STEP 4 (See Diagram 4)

- A.) Attach the Leg Developer (#13) to the leg developer holder on the Main Seat Support (#9). Secure it with one M10 x 3 1/2" Allen Bolt (#48), two Ø 3/4" Washers (#54), and one M10 Aircraft Nut (#56).
- B.) Insert two Foam Tubes (#14) halfway through the holes on the Leg Developer. Push four Foam Rolls (#39) onto the Tubes from both ends. Plug four Foam Roll End Caps (#38) into the ends.
- C.) Slide an Olympic Sleeve (#43) onto the weight post on the Leg Developer. Attach a Spring Clip (#29) to the Sleeve.
- D.) Attach the Arm Curl Handle (#15) to the open bracket on the Leg Developer. Secure it with a Lock Pin (#22).

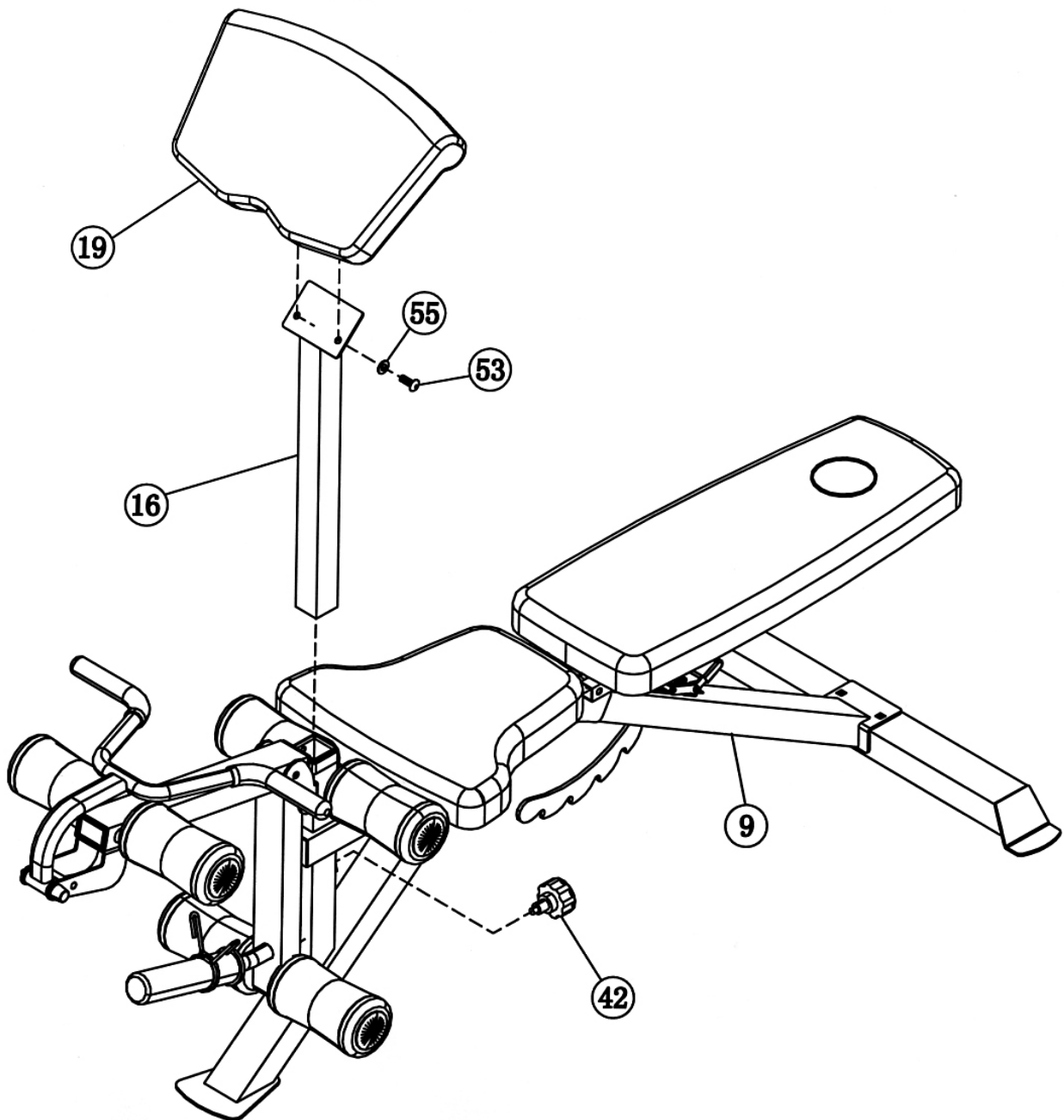
DIAGRAM 4

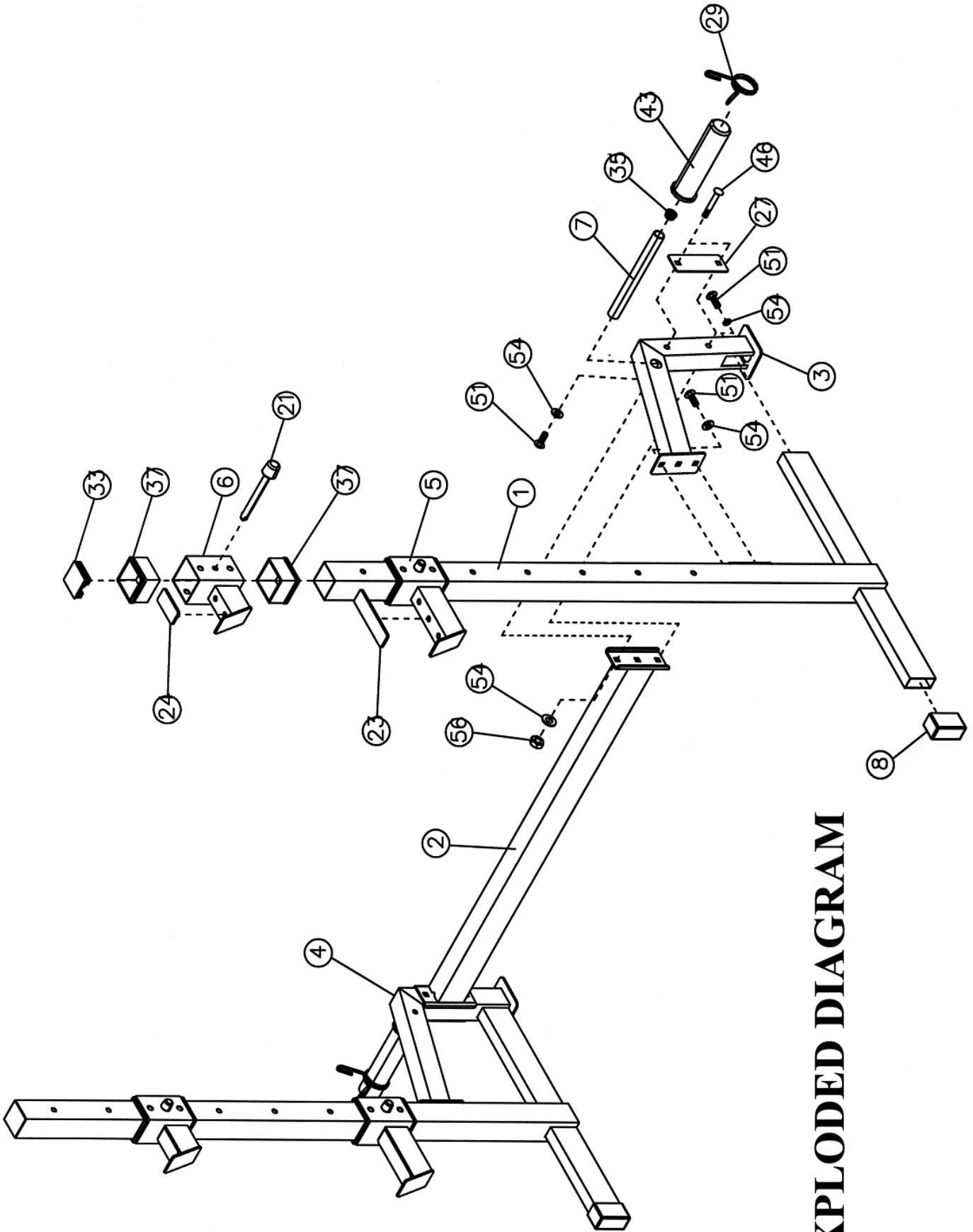


STEP 5 (See Diagram 5)

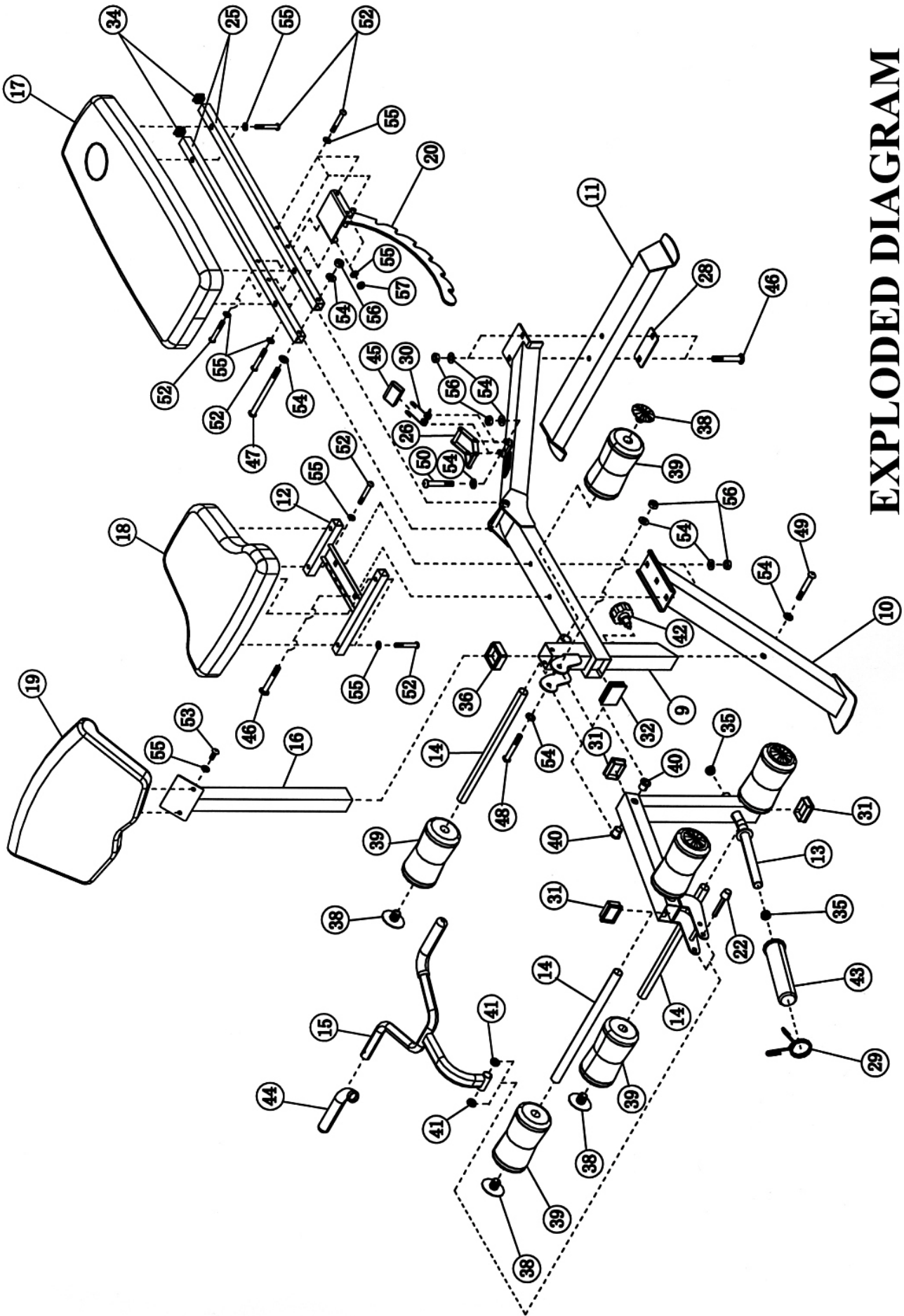
- A.) Attach the Arm Curl Pad (#19) to the Arm Curl Bracket (#16). Secure it with two M8 x 5/8" Allen Bolts (#53) and Ø 5/8" Washers (#55).
- B.) Insert the Arm Curl Stand into the top opening on the Leg Developer holder. Use the Lock Knob (#42) to lock the Arm Curl Stand in position.
- C.) Remove the Arm Curl Stand when doing Leg Developer exercises.

DIAGRAM 5





EXPLODED DIAGRAM



EXPLODED DIAGRAM

PARTS LIST

| KEY NO. | DESCRIPTION | Q'ty | | | |
|---------|-----------------------------|------|----|----------------------------|----|
| 1 | Upright Beam | 2 | 46 | M10 x 2 3/4" Carriage Bolt | 8 |
| 2 | Cross Brace | 1 | 47 | M10 x 6 1/2" Allen Bolt | 1 |
| 3 | Left Diagonal Support | 1 | 48 | M10 x 3 1/2" Allen Bolt | 1 |
| 4 | Right Diagonal Support | 1 | 49 | M10 x 2 3/4" Allen Bolt | 1 |
| 5 | Safety Catch | 2 | 50 | M10 x 2 1/2" Allen Bolt | 1 |
| 6 | Bar Catch | 2 | 51 | M10 x 3/4" Allen Bolt | 8 |
| 7 | Weight Post | 2 | 52 | M8 x 1 5/8" Allen Bolt | 12 |
| 8 | 2 3/4" x 1 1/8" End Cap | 2 | 53 | M8 x 5/8" Allen Bolt | 2 |
| 9 | Main Seat Support | 1 | 54 | Ø 3/4" Washer | 23 |
| 10 | Front Post | 1 | 55 | Ø 5/8" Washer | 18 |
| 11 | Rear Stabilizer | 1 | 56 | M10 Aircraft Nut | 11 |
| 12 | Seat Bracket | 1 | 57 | M8 Aircraft Nut | 4 |
| 13 | Leg Developer | 1 | | #4 Allen Wrench (Tool) | 1 |
| 14 | Foam Tube | 3 | | #5 Allen Wrench (Tool) | 1 |
| 15 | Arm Curl Handle | 1 | | #6 Allen Wrench (Tool) | 1 |
| 16 | Arm Curl Stand | 1 | | | |
| 17 | Backrest Board | 1 | | | |
| 18 | Seat Pad | 1 | | | |
| 19 | Arm Curl Pad | 1 | | | |
| 20 | Backrest Adjustment Support | 1 | | | |
| 21 | 3 5/8" Long Lock Pin | 4 | | | |
| 22 | Lock Pin | 1 | | | |
| 23 | 5 3/4" Rubber Bumper | 2 | | | |
| 24 | 3" Rubber Bumper | 2 | | | |
| 25 | Backrest Support | 2 | | | |
| 26 | Backrest Adjustment Lever | 1 | | | |
| 27 | 5 1/2" x 2" Bracket | 2 | | | |
| 28 | 4 3/8" x 1 3/4" Bracket | 1 | | | |
| 29 | Spring Clip | 3 | | | |
| 30 | Spring | 1 | | | |
| 31 | 2 3/8" x 1 5/8" End Cap | 3 | | | |
| 32 | 2 3/4" x 2" End Cap | 1 | | | |
| 33 | 2 3/8" Square End Cap | 2 | | | |
| 34 | 1" Square End Cap | 2 | | | |
| 35 | Ø 1" End Cap | 4 | | | |
| 36 | 2" Sleeve | 1 | | | |
| 37 | 3" Sleeve | 8 | | | |
| 38 | Foam Roll End Cap | 6 | | | |
| 39 | Foam Roll | 6 | | | |
| 40 | Ø 1/2" Bushing | 2 | | | |
| 41 | Ø 1" Bushing | 2 | | | |
| 42 | Lock Knob | 1 | | | |
| 43 | Olympic Sleeve | 3 | | | |
| 44 | Grip | 2 | | | |
| 45 | Spring Cover | 1 | | | |

IMPEX[®] INC.

LIMITED WARRANTY

IMPEX Inc. ("IMPEX[®]") warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of two years on the Frame from the date of purchase. This warranty extends only to the original purchaser. IMPEX's obligation under this Warranty is limited to replacing or repairing, at IMPEX's option.

All returns must be pre-authorized by IMPEX. Pre-authorization may be obtained by calling IMPEX Customer Service Department at 1-800-999-8899. All freights on products returned to IMPEX must be prepaid by the customer. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an IMPEX authorized service center or for products used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by IMPEX.

IMPEX is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or other damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyments or use, costs of removal, installation or other consequential damages or whatsoever natures. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal right. You may also have other rights which vary from state to state. **Register on-line at www.impex-fitness.com**

IMPEX[®] INC.
14777 Don Julian
City of Industry, CA 91746

ORDERING REPLACEMENT PARTS

Replacement parts can be ordered by calling our Customer Service Department toll-free at **1-800-999-8899** during our regular business hours: Monday through Friday, 9 am until 5 pm Pacific standard time.

info@impex-fitness.com

When ordering replacement parts, always give the following information.

1. Model
2. Description of Parts
3. Part Number
4. Date of Purchase